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Post-operative instructions following Endoscopic Sinus Surgery

The procedure generally takes one to three hours and most patients go home the day of surgery. Most patients do not require nasal packing after the surgery. If packing is placed it is removed in the office 2-3 days following the procedure. Mild nasal oozing is expected during the first 48-72 hours. Patients can eat a normal diet and are allowed to perform light activity, including walking the day after surgery. Patients begin rinsing the nose and sinuses with saline solution three times daily on the day after surgery. A follow up visit 5-10 days after surgery allows for cleaning of the nasal and sinus cavities.

Post-operative care of the healing nose and sinuses is just as important as the surgery itself. Scheduled visits to remove crusts and clots minimize scar tissue and post-operative infection. The first post-operative visit and cleaning can be mildly uncomfortable and we recommend that patients take a dose of the prescribed pain medicine 60 minutes prior to the appointment. Patients should also have someone accompany them to the first visit and drive them home. Patients generally experience some relief after the first post-operative cleaning. Most patients return to normal activity, including exercise regimens, in 10-14 days.

THINGS TO DO

- Take pain medicines as prescribed
- Take antibiotics as prescribed
- Take sleeping medication if needed
- Start your nasal saline irrigations the day after surgery
- Sneeze or cough with your mouth open
- Eat a regular diet
- Take your pain medicine 60 minutes before your first post-operative visit
- Call the office to confirm your post-operative appointment

THINGS TO AVOID

- Any heavy activity including lifting greater than 20 lbs, and vigorous exercise for 1 week
- Blowing your nose or picking at your nose
- Taking aspirin or aspirin containing medicines, Advil, Motrin or any other NSAIDS
- Flying without your doctor's clearance for 3-5 days after surgery

Call the ON Call Doctor immediately if any of the following occur:

- **Change in vision**
- **Increased swelling around the eyes**
- **Neck stiffness**
- **Bright red blood that lasts more than 30 minutes or causes vomiting**
- **Fever over 101 degrees Fahrenheit**